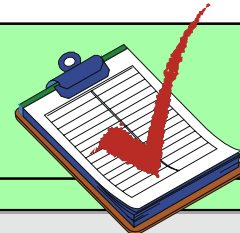


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

March 15, 2003

NEWS BRIEFS

Distance Learning Center News

Due to the growing amount of traffic on the interactive television network, the Distance Communication and Learning Center asks that anyone seeking its use make plans as early as possible. People wishing to use the Kentucky TeleHealth Network (KTHN) should try to give at least a month and a half's notice for conferences. The lengthy notice time is due to the fact that many hospitals across the state have a huge demand on their conferencing facilities. Earlier scheduling times should help assure that you can get to the areas you need to reach.

If you have any questions please contact Joe Allen Mattingly at (502) 564-7510 Ext. 3906.



TIP OF THE WEEK

If you are experiencing mild depression or anxiety, aerobic workouts such as walking or jogging can significantly improve your mood. Non-aerobic exercise, like weight lifting, can also boost your spirits, improve sleep and appetite, reduce irritability and anger and produce feelings of mastery and accomplishment. Be sure to check with your healthcare professional before you start any new exercise program.

KECC Brings Home the Bacon

It's official. All the pennies, nickels, dimes and dollars have been counted and the final Kentucky Employees Charitable Campaign tally is in for CHS. CHS raised over \$93,000 for 2003. Medicaid Services staff increased their giving this year by over 36 percent and the Office of Aging Services employees really outdid themselves with an increase of 200 percent.

Gwen Mayes, executive director of the Office for Women's Health, was CHS' KECC coordinator this year. She and her creative KECC Campaign assistants did an outstanding

job of sponsoring and organizing events such as a yard sale, bake sale, cake auction, and jewelry sale featuring handmade beaded necklaces, earrings, and bracelets. In addition CHS t-shirts and cookbooks were sold.

All of these efforts resulted in funding for KECC organization that could not continue to operate and provide much needed services to the community without our contributions. Thanks to one and all for your help and generous donations to this worthwhile annual event.



KECC-Health Services 2003

Office of the Secretary	\$7,027
Office of the Inspector General	\$6,072
Department for Public Health	\$9,549
Department for Medicaid Services	\$9,223
Office of Certificate of Need	\$288
Commission for Children	\$5,739
Office of Aging Services	\$1,702
Mental Health-Mental Retardation	\$53,443
TOTAL:	\$93,044

Ice Storm Heroes

In the last issue of the Checkup there were stories about CHS staff and others who helped during the February ice storm. Here's some more:

Several nurses from the Community Nursing Division of the Lexington-Fayette County Health Department helped in the two Red Cross shelters during the ice storm. Terry Ramey, RN, and Kathy Eberhart, RN, who both work at the Health Department's

Center for Creative Living, even spent the night at the Senior Citizens' Center shelter.

Several school nurses were able to help because of school being closed. James Donofrio, as well as many of the Environmental Health staff, assisted at the Emergency Operations Center's medical information desk. A special thanks to all of them!



"...promoting and safeguarding the health and wellness of all Kentuckians."

One Of Our Own Gets Called To Duty

Jerry Fox, a compliance analyst with the Division of Community Health Services in the Office of the Inspector General, was ordered to active duty through his Army National Guard unit effective March 15.

Fox, who has 21 years of service with the state, has worked for the Office of the Inspector General since September 1, 1997.

During a small reception given in his honor by the OIG, Inspector General Pamela Murphy thanked Jerry for his state service and for his service to our nation. Fox asked "for prayers, especially for the young soldiers" with whom he will be serving.

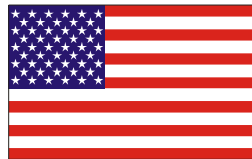
He asked us all to remember that soldiers can be adopted online, and that the things soldiers serving in foreign lands look forward to most

are "care packages."

According to Fox, the most important items to send to our troops are "soap, toothpaste, talc, skin lotion, lip balm, baby wipes...oh, and Pampers." You read right — Pampers! Each disposable diaper holds one quart of water and is placed wet in the helmet to provide a bit of cooling relief from the desert heat.

Thanks for the information Jerry, and from all of us at the Cabinet for Health Services "BEST OF LUCK AND WE'LL SEE YOU SOON!"

If any other CHS department or office has a staff member who has been activated for military duty, feel free to send a few lines to the Checkup.



March of Dimes/Walk America Fund Raiser

Everyday in the U.S., 1,280 babies are born prematurely. Prematurity is the leading cause of newborn death. On March 17 and 31 from 11 a.m.-1 p.m. on the first floor, Office of Aging Services will be selling raffle tickets to raise money for March of Dimes. Raffle tickets will be sold for \$1 each. Each ticket bought will give someone the opportunity to win dinner for two valued at \$35.00 at a local restaurant. For every dollar spent a March of Dimes postcard will also

be posted on the fifth floor acknowledging the donation. All proceeds go to benefit the March of Dimes/Walk America. The drawing will be held on April 1, at 2 p.m.



April research symposium to focus on partnerships

State employees, university faculty and students and participants from outside agencies will gather April 8 for the Kentucky Cabinet for Families and

HIPAA HOOPS




HIPAA is an acronym used to reference the "Health Insurance Portability and Accountability Act of 1996.

Test your HIPAA knowledge...


Questions:

1. How do you know what material is confidential?
2. How should you dispose of confidential papers?

Answers:

1. Any health, confidential or sensitive information as defined by applicable Federal Law, including but not limited to HIPAA and Kentucky Revised Statutes and Regulations. Computer user IDs and access codes, personnel and payroll information, confidential memos, and many other documents are also considered confidential information.
2. Follow department or office procedure for the shredding of documents. 

Children's 2003 research symposium, "Helping Kentucky's Diverse Families Work: Research to Practice Partnerships."

For more information or to download registration forms, log onto <http://www.trc.eku.edu/cwr/Sympos2003.htm>. The registration deadline is April 1. 



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

